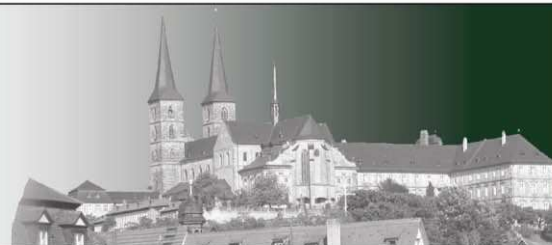




WARNER WEEKLY

News & Information at Your Fingertips



www.bamberg.army.mil / Fri. July 6, 2007 / VOL. 2, Issue 26

Community Announcements

Safety reminder for Warner Barracks residents

Families living on post are reminded that entry doors to housing buildings must be locked at all times. In addition, building coordinators need to make certain that all exterior doors to their building are closed and locked and that all families have keys for these doors. Remember all cars need to be registered. If you notice an unregistered car that has been parked in your housing area notify the Military Police immediately at CIV:0951-300-8700.

Get to know Bamberg. Attend the next P.E.P. class.

Are you new to USAG Bamberg? If this is your first tour overseas, then PEP is a "must"! Get to know the garrison and the town of Bamberg by touring the city with the ACS PEP program. Learn how to use the public transportation system, how to shop and visit the Bamberg Klinikum. Free childcare is provided (space is limited). PEP is free and takes place Mon. July 16 to Fri. July 20, 8:30 a.m. to 2:30 p.m. Call Bamberg ACS at CIV:0951-300-7777 for details.

Recently re-deployed?

Attend Battlemind II briefing on July 11

Bamberg Social Work Services will be conducting Battlemind II briefings on the first Wednesday of every month at 9 a.m. The Briefings are for Soldiers who have been re-deployed for 90 days or more and need their Post Deployment Health Readiness Assessment (PDHRA). Once Soldiers complete the briefing they will be sent to the health clinic to be cleared from MED-PROS. Additional Battlemind II briefing dates will be: August 1, September 5, October 3, November 7, and December 5. For more information contact Candice Keith at DSN:469-7793/9016.

Free walking tour of Bamberg

Join a free walking tour of Bamberg on Tue. July 17 hosted by our community library. Visit the Cathedral, St. Michaels' monastery, Old City Hall and Little Venice with Bamberg librarian Andrea Wittkamp. The tour starts at 1 p.m. at the library. Bring Euros for the bus!

Force Protection concerns everyone

Improvised Explosive Devices (IEDs) can be hidden in backpacks, boxes or duffel bags! Remember to check around your office or outside your home for suspicious or abandoned packages! Travelers are asked to be cautious and aware of their surroundings all the time. Keep your baggage with you at all times, do not watch bags for strangers and report any unattended luggage or suitcases. These simple measures could spoil a potential terrorist attack. Questions? Contact your Bamberg Force Protection Office at DSN:469-7509

Interactive Customer Evaluation (ICE)

Good news or bad news, we can take it! The Interactive Customer Evaluation is available 24 hours a day 7 days a week. Go to www.bamberg.army.mil, Click on ICE and tell us how we are doing!



Photo by Krista Browning

Breaking into jail

Cpt. Wesley Watson, 173d Special Troops Battalion Rear Detachment Commander, and other family members find shelter under the jailhouse awning during a brief, but intense hail storm. Watson was one of many who braved the mud, rain and hail to enjoy all the festivities held at Friendship Park on Wed. July 4. Despite the weather, the event was a 'thunderous' success.

Where to put the kids?

Know the law and protect your children by using the proper safety seat when they ride in the car.

Airbags: Airbags can be dangerous for children as they are designed to protect adults. When inflating they hit with such power that a child can be struck dead or suffocated. If a child must ride in the front seat with a passenger-side air bag, put the child in a front-facing child safety seat, a booster seat, or a correct fitting lap/shoulder belt and move the seat as far back as possible.

Belts: If kids are not buckled up or sit in an unfitting seat, they are in mortal peril. It is not enough to hold the child in your arms or on your lap since no adult has the strength to hold against the forces that exist when breaking hard.

Seats: A proper car seat can save your child's life. When buying one, take the time to choose carefully. A proper car seat for children must be tested by the European Test Norm ECE 44 which is shown by an orange ECE label on the seat. The label also shows what weight category the seat is for. Check out the detailed "Child Seat Use Information" on page 6.

Published by the USAG Bamberg Public Affairs Office. To submit an announcement call 469-2000 or e-mail bambergpao@eur.army.mil

Heat savvy can save lives

By Lori Yerdon, U.S. Army Combat Readiness Center

As hot weather poses potential risk to Soldiers and Family members alike, individuals need to realize that heat injury prevention is not only a command and leadership responsibility, but a personal one too.

Heat injuries are avoidable yet can affect anyone. Individuals not use to hot weather, especially when it's combined with high humidity, are particularly susceptible. Young children, individuals with a long-term illness, and Soldiers that work in enclosed environments such as aircraft cockpits or vehicle interiors specially run the risk of becoming heat casualties. The use of supplements may also increase the chance dehydration.

"Leaders and Soldiers must do more than just have water available," said Col. John Campbell, U.S. Army Combat Readiness Center command surgeon. "Using composite risk management to assess and mitigate the potential health effects Soldiers might suffer during hot weather is critical."

According to the Army's Office of the Surgeon, 220 heat stroke cases were documented in 2006; of those, 57 Soldiers were hospitalized, 163 were outpatients, and two died. The injuries happened both in garrison and operational environments, and occurred during physical fitness training and testing, training exercises, and other activities including recreational exertion and non-exertion activities.

The best defense against a heat-related incident is prevention. Before engaging in an outdoor activity or mission in the heat, the identification and assessment of potential hazards, such as a high heat category or the physical exertion level of the activity, can reduce an individual's chance of becoming a victim of heat-stroke, heat exhaustion or heat cramps.

By developing and implementing controls, leaders reduce the chance of a Soldier in their formation succumbing to a heat injury. Having sufficient hydration sources and providing rest cycles as needed are some of the measures that leaders can take.

Applying similar control measures when off duty can also protect Family members. Drinking more fluids, avoiding alcohol or drinks full of sugar or caffeine and staying indoors when possible are several ways to beat the heat. Additionally, wearing a wide-brimmed hat, sunglasses and putting on sunscreen of SPF 15 or higher, diminishes the possibility of a heat-related incident. "Soldiers have a responsibility to look out for each other and speak up when a comrade is in trouble," added Campbell. "Someone always knows when a Soldier isn't at peak performance level; buddies should make leaders aware of these situations to thwart a possible heat injury."

For more information on heat injury prevention visit http://chppm-www.apgea.army.mil/heat/#_H1A and for more information on the 101 Critical Days of Summer safety campaign visit <https://crc.army.mil>.

Traffic Rules for Bicycle Riders

Bicycle riders who ride in traffic, both on and off post must obey the following rules established in the Traffic Road Ordinance.

Bicycle Paths: Whenever there is a bike path, it must be used. Bicyclists will ride in the right direction, unless posted signs allow riding in both directions. (continued)



Photo by Krista Browning

To your left! No, to your right!

Melissa Harris attempts to knock out the elusive dragon piñata, while her twin sister, Michelle, and other children wait their turn at the 173d Special Troops Battalion barbeque on Sun. June 24 at Friendship park. STB family members and rear detachment enjoyed a potluck dinner, music, jumpy castle, face painting and water balloons as well as the piñata.

Streets: When no bicycle path is available, then bicycle riders will ride on the right side of the right lane of traffic. Side walks may not be used by riders, except by children up to the age of 8 years who are required to ride on the side walk. Children 8 to 10 years have the choice to either ride on the side walk or on the street. Parents must advise their children what they need to do.

One Way Streets: Just like motor vehicles, bicycle riders may ride down one way streets only in the direction indicated by the one way street sign. However, riders may go in both directions when posted traffic signs allow it.

Passengers: Generally, passengers are not allowed on bicycles. Children up to 7 years may be "transported" on bicycles when an approved child seat or child trailer is used.

Pedestrian Zones: Bicyclists must push their bikes, except when posted signs explicitly allow bicycle riding. (next page)

Safety Equipment: The following safety equipment is mandatory for bicycles; two independent brakes (front and rear brake), a white front light and a red rear light, a white front reflector and a red rear reflector, a bell, reflectorized pedals, and reflectors on both wheels.

Helmets: Army Regulation 385-55 requires that military personnel, family members, and US civilian employees wear an approved bicycle helmet when riding a bicycle, both on and off post.

Ear Phones (Walkman): Army Regulation 385-55 prohibits wearing ear phones on Army installations.

Cell Phones: The use of cell phones while riding a bicycle is prohibited.

Alcohol: Riding bicycles under the influence of alcohol is prohibited, violators may lose their POV license.

Construction, Repairs, Improvements

TKS and AFN outage

Due to the scheduled renovation of the cable television receiving station at Bamberg, AFN and TKS cable television broadcast will be temporarily interrupted on Tues. July 17 and Wed. July 18. On July 17 AFN and TKS cable channels will be affected from 9 a.m. to 6 p.m. with all AFN channels viewable by the evening. On July 18 only TKS channels will be out from 9 a.m. to 7 p.m. with all channels functioning that evening. For persistent outages or questions contact TKS at CIV:0951-302-90300.

TKS services limited

Due to the phasing-in of a new customer care system, which begins on Fri. July 6 at 6 p.m., services will be limited at the TKS shop over the weekend. Services affected include bill paying and new customer sign ups. Store hours will not be affected. All services are scheduled to be back up Mon. July 9.

Weekly Reminders

Online bankers should stay alert to phishing scams

Online bankers are reminded to watch out for a phishing scam targeting Bank of America customers. Customers may receive an e-mail stating that the e-mail address on file with the bank has been changed. It then asks them to log into their account by clicking on a link to sign into "Online Banking". When the link is clicked, the legitimate Bank of America site opens on the background. On the foreground, the phish site pops up. This is an attempt to collect Bank Of America username/password, ATM card information. Please go to: http://www.antiphishing.org/phishing_archive/04-19-05_BOA/04-19-05_BOA.html to see examples of this scam. If you believe you have received this email, notify your bank and the authorities immediately.

Update your address with DEERS and Tricare

Be sure to give Tricare and DEERS your new CMR address. You can update your information at the Tricare office located in the Bamberg Health Clinic.

ETSing? Attend the next pre-separation briefing

Are you ETSing or chaptering out of the military within the next 6 months to 1 year? Then sign-up to attend a mandatory Pre-Separation Briefing the last Tuesday of every month. The next briefing will be Tue. July 31. Within 6 months of ETSing, orders are ready! The Bamberg Transition Center is located in Bldg 7029 Rm. 101. For more information contact Stephen Hatcher at DSN:469-7966.

Report Suspicious Activity

United States Army Intelligence and Security Command reminds the Warner Barracks community to report suspicious activity. Subversion and espionage remain a great threat to U.S. Forces and Civilian Personnel overseas. If you witness suspicious activity such as: threats to U.S. Forces, unsolicited mail, security violations, surveillance, anti - U.S. activities, specific questioning about units/personnel....REPORT IT! The safety and security of information, our forces and their families depend on your actions. To report suspicious activity directed at U.S. Forces, call the Bamberg Field Office, 66th Military Intelligence Group, DSN:469-7936 or CIV:0951-300-7936 or the spyline hotline at DSN:347-3479 or CIV:01655-60-3479.



Do your part to save energy and conserve natural resources. Check back weekly for great energy saving and recycling tips brought to you by the Bamberg Environmental Office.

Energy saving tips

- Open fridge quickly to avoid letting cool air out.
- When cooking: pot and cooking site diameter should correlate.
- When cooking put the lid on.

Recycling tips for home and office

- Only print when absolutely necessary.
- If you do print, use both sides of the paper.
- Reduce waste and energy consumption in the workplace- reuse your paper, if possible.

For more information on what you can do to save our natural resources and help reduce the effects of global warming contact the Bamberg Environmental Office at 0951-300-7730.

Continuing Education & Training

Full CPR and First Aid course Sat. July 14

The Bamberg Red Cross is offering a full CPR and First Aid course on Sat. July 14 from 8 a.m. to 5 p.m. The course fee is \$45 per student and includes all materials. Scholarships are available. Please register and pay for all health and safety classes two days prior to the class. Call the Bamberg Red Cross at DSN:469-1760 / 7785 or CIV:0951-300-1760 / 7785 for more information.

Health and Fitness

Easy access to Medical Evaluation

Board information

By Jerry Harben, US Army MEDCOM Public Affairs Office

Injured soldiers whose military futures are being considered by Medical Evaluation Boards will soon have a means to track the process and ensure accuracy of relevant information through the MyMEB page on Army Knowledge Online (AKO), the Army's Internet information network. This site went live June 15.

Medical Evaluation Boards (MEB) are conducted at medical treatment facilities to determine if injured soldiers meet medical retention standards set in Army Regulation 40-501. MEBs differ from Physical Evaluation Boards (PEB), which are conducted for the Army by Human Resources Command to determine if Soldiers can continue to serve and, if they cannot, to what disability benefits the soldiers are entitled.

"This will provide soldiers with an easy tool to view the progress of their own boards," said Michael P. Griffin, deputy director of U.S. Army Medical Command's patient administration division.

MyMEB can be reached online at www.us.army.mil/suite/page/417118 using a soldier's AKO user identity and password. Individual board information will be available only with matching social security number. (continued on next page)

Data is automatically downloaded onto the site from the Medical Evaluation Board Internal Tracking Tool (MEBITT) database. A soldier can verify dates of physical exams and consults, or when reports and appeals have been initiated or approved. Down the left side of the screen are information links to explain the MEB process and terminology.

If a Soldier finds something inaccurate or questionable in the information, he or she should call it to the attention of the assigned Physician Evaluation Board Liaison Officer (PEBLO), who is listed at top right on the screen.

MyMEB was developed by medical, information management and administrative personnel to address a perceived need for soldiers to know more about the MEB process and how it affects them. A focus group of injured soldiers at Walter Reed Army Medical Center helped evaluate and fine tune the site.

New video resources are available to children and youth of deployed parents.

"Military Youth Coping With Separation: When Family Members Deploy" is a half-hour video of teenagers discussing their feelings and how they cope with issues that arise when a parent is deployed. This is available for viewing at the Army's behavioral health web site in the children section, www.behavioralhealth.army.mil/ and on the website of the American Academy of Pediatrics at <http://www.aap.org/sections/unifserv/deployment/ysp-resources.htm>.

"Mr. Poe and Friends Discuss Family Reunion After Deployment" uses cartoon characters to address deployment issues affecting children ages 6 to 11. Both of the videos will also be available for viewing or download by the end of June 2007.

"Talk, Listen and Connect: Helping Families Cope With Military Deployment" features the Sesame Street character Elmo dealing with the prolonged absence of his father. It is suitable for ages 3 to 5, and is available from Sesame Street Workshop at www.sesameworkshop.org/tlc.

The videos will be available on DVDs for anyone who cannot download large files from the Web. Watch the websites for information on how to get them.

At present, at least 700,000 children in the United States have at least one parent deployed for military duty, according to the American Psychological Association February 2007 report.

The American Academy of Pediatrics states that children's reactions to a parent being deployed may include anger, sadness, fear, confusion, and feelings of abandonment, loss, anxiety, and depression. These reactions can lead to significant problems such as school absenteeism and failure, social isolation, family emotional abuse and violence, psychosomatic medical complaints and depression.

Taken from a US Army MEDCOM Public Affairs Office release by Jerry Harben. To read the full story go to www.bamberg.army.mil

It's tick time!

Tick season is in full swing. Outdoor enthusiasts should be advised, ticks in Germany can carry the bacteria that causes Lyme Disease for us and our pets. Four cases were treated in Bamberg in 2005. To reduce the chances of being bit, avoid areas with overgrown brush, unmowed yards and fields. Wear insect repellent with DEET and lightweight long sleeve shirts and pants tucked in at wrists and ankles. Wear light colored clothing to make it easier to see ticks and perform "tick checks" on children and pets when returning from wooded areas. For more information visit the U.S. Army Center for Health Promotion and Preventive Medicine web site at www.chppm.com.

Exercise—Your Health Depends on Doing It Right

Navy and Marine Corps Magazine

A 37-year-old lieutenant collapses and dies of a heart attack after jogging .75 miles to a train station, en route to home.

Another lieutenant breaks his leg while participating in command PT (playing football).

A soldier inadvertently steps in a hole and dislocates his ankle while out for his daily PT. He subsequently loses 21 workdays.

Another soldier dies of a heart attack after an exercise class at the garrison gym. He had been on a self-imposed weight-control program.

Incidents like these are a reminder of what can happen when people try to get back into shape too quickly. Here are some tips to prevent you from making the same mistake:

- Get a medical check-up if you haven't been exercising regularly.
- Start slowly and gradually build up to a sustainable level of performance for an effective conditioning program; don't just run 1.5 miles every six months. A complete program will help you develop and improve flexibility, cardiovascular fitness, and muscular strength.
- Warm up and stretch for 10 to 15 minutes before and after each vigorous workout to prevent strains and sprains.
- Don't use alcohol prior to or during fitness training. Alcohol accelerates dehydration, reduces performance, impairs judgment, and increases willingness to take risks.
- Drink plenty of cool water to prevent dehydration. When it's hot, schedule your activity during the coolest part of the day or exercise indoors where it's air conditioned.
- Jog on established jogging paths where available. When jogging on roads, run against the traffic flow.
- Reflective clothing (during reduced-visibility conditions) is required while jogging on post.
- Follow the rules that pertain to your choice of workout. For example, if you're working with free weights, be sure you have a spotter, and follow the safety guidelines for weightlifting. It's recommended that you use collars and a weight belt.
- Remember the acronym "RICE" when an injury occurs: Rest the sprain, put Ice on it, wrap something around the injury to Compress it, and Elevate that part of the body. Seek medical attention if you experience any of these symptoms: inability to move your arm or leg, a locked joint, persistent swelling, or a grinding feeling.

Resources:

<http://www.safetycenter.navy.mil/ashore/recreation/safety/briefs/joggingBrief.htm>
http://www.aap.org/health/fitness/work_out/a2003-03-06-safety.html
<http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html>

Kids and Teens

YS Skate competition at Baumholder

The Baumholder Youth Services will be hosting a Skate competition in their brand new skate park on Sat. July 28 from 1 to 6 p.m. The competition will be judged by a panel of youth skaters. There will be food, fun, and prizes. To kick off the event, there will be a BBQ on the Bostalsee followed by a lock-in at the teen center on Fri. July 27. For more information contact Allen Knudsen or Eric Christ from Baumholder CYS at CIV:06783-6-6641 or 06783-6-6937.



Get a Clue at the community library

It's time to start some super summer sleuthing by registering for the USAG Bamberg Summer Reading Program today. 'Get a Clue @ Your Library' is the theme for this year's summer reading adventures. The program is free and runs now through July 25. For more information contact the Library at CIV:0951-300-1740.

FFF open to youth during renovation

Due to the ongoing renovations at the JFK Gym, Child and Youth Services will be temporarily offering fitness classes for CYS registered youth at the Freedom Fitness Facility, Mon. through Fri. from 4 to 6 p.m. A youth activities schedule is posted in the OASIS Teen Center and at the FFF.

CYS camps + sun = summer fun!

Kids and teens can get their fill of action and adventure one week at a time at summer camp! School age services (SAS) is offering a variety of "Fun in the Summer Sun" camps for grades K-5. Contact Patrice Turner-Lapp at 0951-300-8698 for more information.

The CYS Middle School Teen Program, is offering week long camps for kids ages 6 to 12. There's something for everyone. Download a copy of the CYS Summer Camp Program 2007 at www.bamberg.army.mil and register for a week or two today! Contact 0951-300-8641 for more information.

Register for Vacation Bible School.



Bamberg Community Vacation bible school will be held August 6-10 at the High School Gym and Annex. Imagine finding yourself projected back to Israel in the first century. Smell the exotic foods, explore authentic traditions, dress up in biblical costumes and experience the bible. Families can step back in time and

discover that the events in the bible really did happen in Group's Holy Land Adventure "Galilee-by-the-Sea". VBS is open to children 4 years of age (by 08/01) through those entering sixth grade for SY 07/08. Registration is available online at www.bamberg.army.mil Click on Chapel, then VBS in the upper right hand corner. Register early and be sure to not miss this exciting event. For more information contact Luke Granger at the USAG Bamberg Chapel at DSN:469-8140.

Register for Girl Scouts' Twilight Camp

The Bamberg Girl Scouts will be hosting Twilight Camp on Aug. 20 to 23 from 4:30 to 8:30 p.m. The camp is open to girls of all ages and will be held at Engineer Lake. Cost is \$35 for registered Girl Scouts and \$45 for new Girl Scouts. Registration open from now to Aug. 1. Registration clinics will be held on July 10 and 11 at the Community Activity Center from 3 to 8 p.m. Contact Patty Sahli at CIV:0951-297-3679 or CIV:0162-296-6720 or email bamberggirlscouts@gmail.com for more information.

Swim Safely This Summer

All ocean and sea beaches with a lifeguard on duty and all public and private swimming pools are considered authorized areas to swim. A full list of authorized swim areas in Bamberg and the surrounding areas can be found online at www.bamberg.army.mil, under SAFETY or check out the June 29 Warner Weekly.

AAFES Bamberg Movie Schedule

AAFES Reeltime Theater is
CLOSED Tues. and Wed.



Fri.	July 6	Fantastic Four: Rise of the Silver Surfer (PG)	7 p.m.
Sat.	July 7	Next (PG-13) Fantastic Four: Rise of the Silver Surfer (PG)	4 p.m. 7 p.m.
Sun.	July 8	Next (PG-13) Fantastic Four: Rise of the Silver Surfer (PG)	4 p.m. 7 p.m.
Mon.	July 9	Fantastic Four: Rise of the Silver Surfer (PG)	7 p.m.
Thur.	July 12	The Invisible (PG-13)	7 p.m.
Fri.	July 13	Spider-Man 3 (PG-13)	7 p.m.
Sat.	July 14	Ratatouille (G) Spider-Man 3 (PG-13)	4 p.m. 7 p.m.
Sun.	July 15	Ratatouille (G) Georgia Rule (R)	4 p.m. 7 p.m.
Mon.	July 16	Lucky You (PG-13)	7 p.m.
Thur.	July 19	Georgia Rule (R)	7 p.m.
Fri.	July 20	Transformers (PG-13)	7 p.m.

Entertainment & Leisure

See 'Charlotte's Web' at Stable Theater

E.B. White's classic tale - now a hit movie - is brought to life on stage at the Stable Theater July 25 - 29. A humble pig saved from the butcher's axe by a clever spider, Charlotte, inspires the most famous supernatural public relations campaign in American history. Wed, Thur., Fri., and Sat. performances of Charlotte's Web are at 7:30 p.m. and the Sunday show is at 5 p.m. Tickets are \$9 for adults, \$7 for kids 3-12/ students, E4 and below; \$25 family card, \$20 family card for E5 and below. Contact Jack Austin for more information at DSN:469-8647.



Trips & Travel Opportunities

Go trippin' with the CAC this July

The following trips will be offered during the month of July at the Community Activity Center:

Sat.	July 7	Kayaking on the Main River, Free!
Thur.	July 12	Tour Under Bamberg, Cost:\$20
Sat.	July 14	Legoland, Cost:\$10 (includes entry fee!)
Sat.	July 21	Glass Blowing Factory, Free!
Sat.	July 21	Kayaking on the Main River, Free!
Sat.	July 28	Hohenschwangau and Neuschwanstein, Cost:\$10 (includes entry fee!)

General Child Seat Use Information

General Child Seat Use Information Buckle Everyone. Children Age 12 and Under in Back!			
	AGE / WEIGHT	SEAT TYPE / SEAT POSITION	USAGE TIPS
INFANTS	Birth to at least 1 year and at least 20 pounds.	Infant-Only Seat/rear-facing or Convertible Seat/used rear-facing. <i>Seats should be secured to the vehicle by the safety belts or by the LATCH system.</i>	✦ Never use in a front seat where an air bag is present. ✦ Tightly install child seat in rear seat, facing the rear. ✦ Child seat should recline at approximately a 45 degree angle. ✦ Harness straps/slots at or below shoulder level (lower set of slots for most convertible child safety seats). ✦ Harness straps snug on child; harness clip at armpit level.
	Less than 1 year/ 20-35 lbs.	Convertible Seat/used rear-facing (select one recommended for heavier infants). <i>Seats should be secured to the vehicle by the safety belts or by the LATCH system.</i>	✦ Never use in a front seat where an air bag is present. ✦ Tightly install child seat in rear seat, facing the rear. ✦ Child seat should recline at approximately a 45 degree angle. ✦ Harness straps/slots at or below shoulder level (lower set of slots for most convertible child safety seats). ✦ Harness straps snug on child; harness clip at armpit level.
PRESCHOOLERS / TODDLER	1 to 4 years/ at least 20 lbs. to approximately 40 lbs.	Convertible Seat/forward-facing or Forward-Facing Only or High Back Booster/Harness. <i>Seats should be secured to the vehicle by the safety belts or by the LATCH system.</i>	✦ Tightly install child seat in rear seat, facing forward. ✦ Harness straps/slots at or above child's shoulders (usually top set of slots for convertible child safety seats). ✦ Harness straps snug on child; harness clip at armpit level.
YOUNG CHILDREN	4 to at least 8 years/unless they are 4'9" (57") tall.	Belt-Positioning Booster (no back, only) or High Back Belt-Positioning Booster. <i>NEVER use with lap-only belts—belt-positioning boosters are always used with lap AND shoulder belts.</i>	✦ Booster used with adult lap and shoulder belt in rear seat. ✦ Shoulder belt should rest snugly across chest, rests on shoulder; and should NEVER be placed under the arm or behind the back. ✦ Lap-belt should rest low, across the lap/upper thigh area—not across the stomach.

Outside the Gate

Weekend Events in and around Bamberg

Most events can be found on the Bamberg city map. To find a location, click here www.bamberg.army.mil/sites/news/map.pdf

Friday, July 6

- All day Heinrichsfest at Dome and downtown Bamberg
- 3:30 p.m. Blues and Jazz Festival at Maxplatz (townhall) and Neptune Fountain (downtown shopping area) with open air stages, free entry
- 7 p.m. Summer-Jazz at Wilde Rose Keller (*Oberer Stephansberg 49*).
- 8 p.m. Punk music festival at SubOptimal Stage Club
- 8 p.m. "Texas Lightning" Country band live & free entry in front of the Dome (open air)
- 8 p.m. Downtown Fest with artists, beer and soul at university area between Markusplatz and Steinertstrasse
- 8 p.m. 'Sive', John B. Keane play in English by the Bamberg University English Drama Group at E.T.A.-Hoffmann-Theater
- 9 p.m. "Krappe-Albrecht-Band" plays at Blues Bar, free entry
- 10 p.m.- Lights Night - art exhibition and event at Dome,
- 2 a.m. free entry
- 11 p.m. Big Beat, Break Beat and Nuskool Breaks (music styles)-Party at Morph Club

Saturday, July 7

- All day Heinrichsfest at Dome and downtown Bamberg
- 3:30 p.m. Winefest in 97522 Alt am Main (*A70 to Schweinfurt, exit 11 Knetzgau*) Lasts all day.
- 3:30 p.m. Blues and Jazz Festival at Maxplatz (townhall) and Neptune Fountain (downtown shopping area) with open air stages, free entry
- 4 p.m. Summer Fest of Music School. (*96158 Frensdorf between Pettstadt and Burgebrach Museum, Hauptstrasse 5*)
- 5 p.m. Open Air Rock, Pop & Jazz at Courtyard of Geyerswoerth Castle (*next to Tourist Information*)
- 6 a.m. - Volksmarching at Pottenstein (*starting point Volksschule, Bayreuther Berg*) 5K, 10K and 20K distances, POC 092 43/ 252
- 9 a.m. Heinrich Fest Special Morning Service at Dome
- 10 a.m. Eucharist service for severely handicapped people and persons with chronic diseases at St. Urban church (*Babenberger Ring, Berggebiet*)
- 11 a.m. Jazz Breakfast at Café DaCaBo (*Heumarkt 7*)
- 11 a.m. Public Breakfast at University Hall (*Dominikanerstrasse, Dominikaner Church*)
- 11 a.m. Kids event (reading, painting t-shirts & bags) at Public Library (*Obere Koenigstrasse 4a*)
- 4 p.m. Guided tour of Bamberg (in Italian) with "Nuovo cinema paradise", meeting point at Tourist Information (*Geyerswoerth, next to underground parking*)
- 4 p.m. Open air biker service held in front of dome
- 6 p.m. African Music - open air, free entry, in front of dome
- 7 p.m. "Los Chicolores" performs open air, free entry, at Maxplatz (*in front of town hall*)
- 8 p.m. "Live Earth Open Air Concert" at Litzendorf (*Tanzwiesen, Litzendorf is behind Poedeldorf.*)

Saturday, July 7 continued

- 8 p.m. Wolfgang Buck performs in front of Dome (open air)
- 8 p.m. 'Sive', John B. Keane play in English by the Bamberg University English Drama Group at E.T.A.-Hoffmann-Theater
- 9 p.m. Recky Reck performs at Blues Bar
- 10 p.m. Punk rock, power pop and alternative music at Morph Club.

Sunday, July 8

- All day Heinrichsfest at Dome and downtown Bamberg
- 10:30 a.m. Jazz Breakfast at the Café at the Rose Garden (near Dome), free entry
- 11 a.m. Sunday Concert with Bamberg String Quartett at the cloister of Karmeliten Monastery (*Am Kaulberg*)
- 2 p.m. Brass Concert in the music pavilion at Hain Park
- 2:30 p.m. Winefest in 97522 Alt am Main (*A70 to Schweinfurt, exit 11 Knetzgau*) Lasts all day.
- 3:30 p.m. Blues and Jazz Festival at Maxplatz (townhall) and Neptune Fountain (downtown shopping area) with open air stages, free entry
- 6 a.m. - Volksmarching at Pottenstein (*starting point Volksschule, Bayreuther Berg*) 5K, 10K and 20 K distances, POC 092 43/ 252
- 7 p.m. Carmina Burana by Orff performed by Bamberg School of Music, for tickets call 0951-509960 at Concert Hall
- 9:30 a.m. Service with the archbishop and a cardinal at Dome
- 2 p.m. Winefest at Weinbau Weyrauther (*96173 Oberhaid village area Unterhaid*)
- 2 p.m. Concert and public reading ("Grupo Sal" and Bishop Ramazzani from Guatemala) in front of Dome
- 5 p.m. Pontifical service at Dome
- 7 p.m. Fluite serenades at Studio 13
- 8 p.m. Organ Night at the Dome, free entry
- 9 p.m. Ul Zam Zam (from the Fifties to the Eighties) performs at Blues Bar, free entry

Monday, July 9

- 3:30 p.m. Blues and Jazz Festival at Maxplatz (townhall) and Neptune Fountain with open air stages, free entry
- 7 p.m. Piano live concert at Hofbraeu Restaurant (*Karolinenstr. 7*)
- 7:30 p.m. Magical Show at Concert Hall
- 9 p.m. Party at Live Club

Tuesday, July 10

- 3:30 p.m. Blues and Jazz Festival at Maxplatz (townhall) and Neptune Fountain with open air stages, free entry
- 9 p.m. Andi Lauth performs at Blues Bar, free entry

Wednesday, July 11

- 3:30 p.m. Blues and Jazz Festival at Maxplatz (townhall) and Neptune Fountain with open air stages, free entry
- 9 p.m. 'To Mac' performs at Blues Bar
- 9 p.m. Pit Pop Party at Stilbruch

Thursday, July 12

- 1 p.m. Blues and Jazz Festival at Maxplatz (townhall) and Neptune Fountain (downtown shopping area) with open air stages, free entry
- 9 p.m. Sebbo plays at Blues Bar
- 11 p.m. Student party at Morph Club

Year Round Sites

Beer Keller

While the name "Keller", cellar in English, derives from earlier times when breweries had their beer stored in the cellar, today's beer kellers are not at all underground but situated in lovely spots outdoors. One of the specialty of most kellers is that you can bring your own food and just order the drinks. Wilde Rose Keller and Special-Keller (Sternwartstrasse), e.g., allow to bring your own food (call beforehand to find out) at the outdoor tables - a perfect opportunity for a potluck with friends. Find a list of Bamberg Keller and Bamberg County Keller here: www.bierkeller.de and click on Bamberg or Bamberg Land.

Special Events

Knights' Tournament and Jesters Night

The Kaltenberg Knights' Tournament is the largest tournament of modern times. Approx. 120,000 visitors come to Kaltenberg Castle each July to step back into the Middle Ages, to see the Great Tournament, to stroll across the largest medieval market with more than 100 stands and to see an 8 hour program set on seven stages. After the tournaments there are even kids tourneys (ages 6 - 12). The host is a real prince, Luitpold Prince of Bavaria. Check out this unique event at <http://www.ritterturnier.de/start.asp> and click on "website in English". For tickets call immediately CIV:08015-11 33 13 (English service), as events are sold out quickly.

